


Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Parmesan Broccoli Linguini Assorted Juice Mixed Beans Tossed Salad with Dressing Cucumbers Rye Bread, English Muffin Peaches Fresh Grapes	Boneless Pork Chop Gravy Sauerkraut Red Skin Whipped Potatoes Baked Split Peas Assorted Juice American Cheese Sandwich Sliced Tomatoes on Lettuce Fresh Apple Fresh Fruit Cup	Baked Fish Lemon Wedge Zucchini Casserole Scalloped Potatoes Butter Beets Assorted Juice Mixed Bean Salad Rye Bread, Saltine Crackers Fresh Orange Assorted Dessert	Steak Diane Harvard Beets Wide Noodles Vegetable Medley Assorted Juice Tuna Salad Marinated Vegetable Salad Canned Fruit Pears	BBQ Baby Back Ribs Brussels Sprouts Baked Potato Sour Cream Yellow Squash Assorted Juice Sliced Turkey Sandwich Sliced Tomatoes on Lettuce Rye Bread Peaches, Fresh Apple
Boneless Grilled Chicken Breast Baked Sweet Potato Baby Carrots Assorted Juice Mixed Beans Tossed Salad with Dressing Rye Bread English Muffin Fresh Apple Fruit Cup	Fish of the Day Lemon Wedge Italian Blend Vegetables Baked Split Peas Stewed Tomatoes Assorted Juice Egg Salad Broccoli Salad Peaches Fresh Apple	Penne Pasta with Meatsauce Parmesan Cheese Parslied Cauliflower Seasoned Spinach Assorted Juice Chili Bean Dip Carrot and Celery Sticks Cucumbers Rye Bread, Saltine Crackers Applesauce, Fresh Fruit Cup	Chicken Marsala Baby Carrots Parslied Red Skin Potatoes Seasoned Green Beans Assorted Juice Tuna Salad Cranberry Sauce Cole Slaw Rye Bread Fresh Orange, Assorted Dessert	Beef Pot Roast Gravy Pot Roast Vegetables Vegetable Medley Baked Beans Assorted Juice Sliced Turkey Sandwich Lettuce and Tomato Peaches Fresh Fruit Cup
Maryland Style Fish Seasoned Green Beans Au Gratin Potatoes Assorted Juice Mixed Beans Cole Slaw Celery Sticks Rye Bread, Unsalted Crackers Peaches Fresh Grapes	Shredded BBQ Beef Sandwich Seasoned Spinach Baked Beans Assorted Juice Cottage Cheese with Applebutter Sliced Tomatoes Tossed Salad with Dressing Macaroni Salad Canned Fruit Fresh Orange	Roast Turkey Cranberry Sauce Gravy Mixed Vegetables Apple Bean Bake, Broccoli Assorted Juice Pickled Egg Pickled Beet Salad English Muffin Pears, Fresh Fruit Cup	Hawaiian Ham Steak California Blend Vegetables Candied Sweet Potato Assorted Juice Sliced Turkey Sandwich Marinated Vegetable Salad Lettuce and Tomato Rye Bread Peaches Cinnamon Applesauce	Roasted Thyme Chicken French Style Green Beans Red Skin Whipped Potatoes Gravy Assorted Juice Cucumbers Carrot Sticks Unsalted Crackers Fresh Fruit Cup Assorted Dessert
BBQ Baked Chicken Baby Carrots Baked Beans Zucchini Assorted Juice Sliced Cheese Sliced Tomatoes Fresh Grapes Assorted Dessert	Herb Baked Fish Lemon Wedge Collard Greens Pinto Beans Vegetable Medley Assorted Juice Hummus Cucumbers Cole Slaw, Saltine Crackers Peaches, Fresh Fruit	Meatloaf Gravy Scandinavian Blend Vegetables Whipped Potatoes Broccoli Assorted Juice Cottage Cheese Carrot and Celery Sticks Saltine Crackers Canned Fruit, Applesauce	Turkey Cutlet Gravy Cranberry Sauce Bread Stuffing Vegetable Medley Assorted Juice Ham Salad Tossed Salad with Dressing Fresh Orange	Bread Stuffed Chicken French Style Green Beans Whipped Sweet Potatoes Assorted Juice Sliced Turkey Sandwich Raw Vegetable Plate with Dressing Fresh Fruit Cup
Memorial Day Holiday				

Frederick County Meals on Wheels – Menu subject to change. 2% Milk and Whole Grain Bread are served with all meals unless noted.